

Meal Menu for January 2, 2023- January 6, 2023
BLESSINGS FOR YOU ADULT DAY CARE

Monday 01/02/2023	Tuesday 01/03/2023	Wednesday 01/04/2023	Thursday 01/05/2023	Friday 01/06/2023
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Cinnamon Toast Stick Peaches 1% Milk/ Coffee/Tea	2 Waffles Fruit Cocktail 1% Milk/ Coffee/Tea	Cinnamon Apples Turkey Sausage 1% Milk/ Coffee/Tea	Scrambled Eggs on 2 Slices of Whole Wheat Toast Applesauce 1% Milk/ Coffee/Tea	Grits w/ Cheese Pears 1% Milk/ Coffee/Tea
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
Harvest Cheddar Sun Chips Orange Juice	Animal Crackers 1% Milk	Chewy Fruit & Nut Bar Cranberry Juice	Mozzarella Cheese Stick Grape Juice	Original Chex Mix Apple Juice
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Stuffed Fish Florentine w/ Cream Herbed CousCous Green Bean Almandine 1% Milk/ Water	Beef Rice Mushroom Casserole Italian Mixed Vegetables Seasoned Beets 1% Milk/ Water	BBQ Pulled Pork Carrot Coins Red Cabbage 1% Milk/ Water	Breaded Baked Chicken Roasted Glazed Root Vegetables Seasoned Vegetable 1% Milk/ Water	Maple Glazed Pork Butternut Squash & Pears Roasted Cauliflower 1% Milk/ Water
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
Tuna Salad Sandwich Water	Graham Crackers w/ Peanut Butter Water	Blueberry Belvita Breakfast Biscuits w/ Tropical Fruit Water	Peanut Butter Crackers 1% Milk	Tomato Soup with Club Crackers Water

Coffee/Tea/Milk/Water/or Juice served with all meals.

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*Fruit Cocktail Ingredients: peaches, diced pears, pineapples, grapes, cherries *Tropical Fruit: red papaya, guava, pineapple, yellow papaya, grapes *Breakfast Scramble: Eggs, Bacon, Cheese